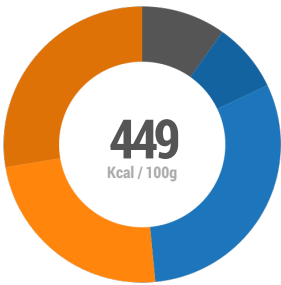


FH Ashwagandha & Cocoa Granola NC

By § Bravo



CALORIES:

38.7% Carbs

9.8% Protein

51.5% Fat

Food Labelling...

EU Label values per 100g

Serves 1.58

	PER 100G	%RI	PER 60G SERVING	%RI	
Energy(Kj)	1957 kJ	23%	1177 kJ	14%	CONTAINS:
Energy(kcal)	469 kcal	23%	282 kcal	14%	
Fat	26 g	37%	15 g	21%	MAY CONTAIN:
of which saturates	14 g	70%	8.3 g	42%	
Carbohydrate	43 g	17%	26 g	10%	TREE NUTS
of which sugars	9.1 g	10%	5.5 g	6%	
Fibre	9.9 g	40%	5.9 g	24%	MILK
Protein	11 g	22%	6.7 g	13%	
Salt	3.1 g	52%	1.9 g	32%	
HFSS Rating	22	points			

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(kcal) 22% RI	Saturated Fat 69% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 22% RI	Monounsaturated fat 5% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 5% RI	Vitamin D 0% RI
Carbohydrate 17% RI	Omega3(n-3) 19% RI	Vitamin E 0% RI
Protein 22% RI	Omega6(n-6) 1% RI	Vitamin K 0% RI
Fat 37% RI	cis-Poly	Thiamin (B1) 1% RI
Water	Trans-fatty acids	Riboflavin (B2) 0% RI
Water from Drinks	Cholesterol	Niacin total (B3) 1% RI
Alcohol (0% ABV)		Niacin 0% RI
Carbohydrate	Minerals & trace elements	Tryptophan
Starch	Sodium 52% RI	Pantothenic Acid (B5) 0% RI
Oligosaccharide	Potassium 1% RI	Vitamin B6 0% RI
Fibre 39% RI	Chloride 239% RI	Folates (B9) Total 0% RI
NSP	Calcium 2% RI	Vitamin B12 0% RI
Sugars 10% RI	Phosphorus 2% RI	Biotin (B7) 0% RI
Glucose	Magnesium 2% RI	Vitamin C 0% RI
Galactose	Iron 1% RI	
Fructose	Zinc 1% RI	
	Copper 2% RI	
	Manganese 5% RI	

Sucrose
Maltose
Lactose

trace
0g
0g

Selenium 2% RI
Iodine 0% RI

1.2ug
0.6134ug

	Other
GI (estimated)	0.1927
GL	0.0825
Caffeine	-

Recipe Ingredients ...	Quantity:	Description:	Cost:
Nairn's Gluten Free Scottish Porridge Oats 450g	47g	1.18x Per 40g Serving	0.00
Maple syrup Vermont Pure Canadian	12.6g		0.00
Sunflower Seeds Suma	5.3g		0.00
Pumpkin seeds Suma	5.3g		0.00
Cocoa Powder Extra brute Cacao Barry	5.3g		0.00
KTC 100% Pure Coconut Oil 500 ml (PET)	5.3ml	0.01x Per pack	0.00
Coconut Chips Purima	5.3g		0.00
Cocoa butter	4.2g	0.84 teaspoon	0.00
Organic Cacao Nibs-Suma	3.7g		0.00
Chia seeds	2.1g	2 tablespoon	£0.01
Sea Salt	1.1g	1.1g	0.00
Ausha Organic Ashwagandha Root Powder	1.1g		£0.02
Preema vanilla essence	1.1g		0.00
Cinnamon sticks Natco	0.42g		0.00
Cinnamon, ground	0.21g	0.87 teaspoon	£0.00
			TOTAL COST: £0.03

Products / Pack Sizes ...

1 Serving

Product code

Barcode

60g / 282kcal

1

£0.02 / £0.02 ↗

Sale price (£0 + 200%)

Ingredient List (QUID) ...

Nairn's Gluten Free Scottish Porridge Oats 450g (49.8%) [100% Gluten Free Wholegrain Oats], Maple Syrup Vermont Pure Canadian (13.3%), Sunflower Seeds Suma (5.5%), Pumpkin Seeds Suma (5.5%), Cocoa Powder Extra Brute Cacao Barry (5.5%), KTC 100% Pure Coconut Oil 500 ml (PET) (5.5%) [100% Pure Coconut Oil], Coconut Chips Purima (5.5%), Cocoa Butter (4.4%), Organic Cacao Nibs Suma (3.9%), Chia Seeds (2.2%), Salt (1.2%), Ausha Organic Ashwagandha Root Powder (1.1%), Preema Vanilla Essence (1.1%) [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavours], Cinnamon Sticks Natco (0.44%), Ground Cinnamon (0.22%)